

9 Present Perfect Continuous (I've been cooking)

- 1 We form the Present Perfect Continuous in this way:

POSITIVE		
I/you/we/they	have/'ve	} been cooking.
He/she/it	has/'s	
NEGATIVE		
I/you/we/they	haven't	} been cooking.
He/she/it	hasn't	
QUESTIONS		
Have	I/you/we/they	} been cooking?
Has	he/she/it	

(For details about -ing forms see Table C, on page 95.)

- 2 We use the Present Perfect Continuous for an action or situation that began in the past and continues until now:

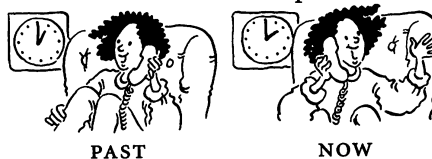
You're late! I've been waiting for you.

We often use **for** and **since** with the Present Perfect Continuous. We use **for** with a period of time, and **since** with a point in time:

I've been waiting for you for two hours.

I've been waiting for you since 6 o'clock.

- 3 Here are some more examples:



Julia has been talking on the phone for an hour. (= She started talking on the phone an hour ago and she is still talking.)

You've been sitting there since 1 o'clock. (= You started sitting there at one o'clock and you are still sitting there.)

- 4 We use the Present Perfect Continuous for actions that are done many times in a period of time from the past until now:

She's been having driving lessons for a couple of months. (= She started a couple of months ago; she is still having lessons.)
I've been playing tennis since I was a small child.

- 5 We can use **How long** with the Present Perfect Continuous:

How long have you been living here?

Practice

- A Write a sentence for each of the following situations, using the Present Perfect Continuous and **for** or **since**.

- 0 She started her course a month ago and she is still doing it.

She has been doing her course for a month.

- 0 I started reading this novel last weekend and I'm still reading it.

I have been reading this novel since last weekend.

- 1 It started raining at 3 o'clock and it is still raining.

- 2 He started playing chess when he was 10 and he still plays it.

- 3 I started work at 8 o'clock and I'm still working.

- 4 Helen started looking for another job two months ago and she's still looking.

- 5 We arrived here two hours ago and we're still waiting.

B Put *for* or *since* into the gaps.

- 0 I've been working in this office since last summer.
- 1 Have you been doing this course _____ a long time?
- 2 I've been driving this car _____ more than ten years.
- 3 She has been planning the party _____ the beginning of the month.
- 4 George has been telling the same stories _____ several years.
- 5 We've been waiting for a reply _____ we wrote to them last week.
- 6 What have you been doing _____ the last time that I saw you?
- 7 You've been writing that letter _____ more than two hours.
- 8 He's been feeling ill _____ a few days.

C Complete these dialogues by putting the verbs in brackets () into the Present Perfect Continuous.

A: When did you arrive in London?

B: Two weeks ago.

A: Where ⁰ have you been staying _____ (you/stay)?

B: I ¹ _____ (stay) with some friends in their flat.
But I am going to move to my own flat next week.

A: Hallo. What are you doing here?

B: I'm waiting to see the manager. I ² _____
(wait) for half an hour.

A: She's very busy. She ³ _____ (talk) on the
phone to someone all afternoon.

A: I didn't know that you could play the piano.

B: Oh yes, I ⁴ _____ (have) piano lessons for a year.

A: How long ⁵ _____ (you/look) for a job?

B: I started looking immediately after I lost my old job. I
⁶ _____ (apply) for jobs for about six months.

D Choose the best verb from the box to complete each sentence. Use the Present Perfect Continuous form of the verb.

rain	save	study	read
make	learn	watch	play

- 0 She has been learning _____ Spanish for six months.
- 1 It _____ for hours; the roads are very wet.
- 2 We _____ this game for hours. Let's stop!
- 3 Wendy _____ French at school for three years.
- 4 I _____ this book for months, but I haven't finished it yet.
- 5 We _____ this programme for hours.
- 6 The people next door _____ a lot of noise all day.
- 7 I _____ my money for a holiday.